

JESSICA'S CASHEW CREAM



Gather together the following ingredients:

- 2 cups raw cashews
- 2 cups water
- A pinch of salt
- A splash of Trader Joe's Alcohol-Free Vanilla Extract
- A generous dash of ground nutmeg
- Vitamix or any other powerful blender

OPTIONAL

- 1 scoop Trader Joe's Organic Stevia Extract (note: make sure to get the SMALL container WITHOUT any added ingredients like Lactose...comes with a tiny measuring scoop already inside)

Place all ingredients in the Vitamix and refrigerate overnight. Turn Vitamix on and slowly increase speed...when the nuts are beginning to liquefy, turn Vitamix up to high speed and blend an additional 1-2 minutes until the mixture is totally smooth. Refrigerate for an hour or more if you prefer a chilled topping – serve over fruit or use anywhere you'd use cool whip!

VARIATION: to make Coconut Cashew Cream, substitute coconut milk for water and/or add unsweetened flaked coconut to taste...especially good over sliced bananas or fresh pineapple!!!